

NHW Wangaratta Antenatal Clinic <u>WHO Obese 1 Antenatal Schedule of Visits</u> To be used in conjunction with Standard Antenatal Care Pathway		
<i>Gestation</i>	<i>Appointment</i>	<i>Recommended Care and Tests</i>
6-10 weeks	GP	See standard pathway Calculate BMI first visit and refer if BMI/30 Commence Folate 5mg daily, Iodine 150mcg daily
14 Weeks	Midwife booking appointment	Calculate pre/early pregnancy BMI, advise recommended weight gain Advise re diet and exercise, goals for weight gain , (see WHO Guidelines) Dietitian referral Discuss with registrar asap if previous bariatric surgery Weight and BP; urinalysis; abdominal palpation and fundal measurement ?U&E/LFT Vit D Early GTT DISCUSS AGREED EDC based on 8 to 12 week scans Book morphology scan for 20-22 weeks as better views obtained
18 weeks	GP	
20-22 weeks	Registrar / VMO	Weight, BP, urinalysis Dietician review Review Morphology Scan (may need further scan at 24 weeks if poor views due to obesity) Request for Growth scan 28 weeks if indicated Request for GTT at 26-28 weeks, if previous normal Request for FBE, ferritin, Blood group and antibodies if Rh-ve at 26 weeks Discussion about increased obstetric risk
26 weeks	GP	
28 weeks	Registrar / VMO	Check GTT Request Growth scan at 34 weeks Anti-D as required
31 weeks	GP	
34 weeks	Registrar / VMO Midwife	Review Growth scan Midwife visit for education
36 weeks	Registrar / VMO	GBS screen Refer to Lactation Consultant
38 weeks	Registrar/VMO	
40 weeks	Registrar / VMO	Check GBS result Consider stretch and sweep with woman's consent
41 weeks	Registrar/VMO	AFI and CTG VE, consider stretch and sweep with woman's consent

WHO BMI Categories/expected gain		
• Underweight	<18.5	12 - 18kgs
• Normal	18.5 - 24.99	11.5 - 16kgs
• Overweight	25.0 - 29.99	7 - 11kgs
• Obese 1	30.0 - 34.99	5 - 9kgs
• Obese 2	35.0 - 39.99	5 - 9kgs
• Obese 3	>40	

BMI > 35.0

NHW Wangaratta Antenatal Clinic <u>WHO Obese 2 and 3 Antenatal Schedule of Visits</u> To be used in conjunction with Standard Antenatal Care Pathway		
Gestation	Appointment	Recommended Care and Tests
6-10 weeks	GP	<ul style="list-style-type: none"> Refer to standard pathway; refer if BMI>30, Advise recommended weight gain
14 weeks	Midwife (booking visit)	<ul style="list-style-type: none"> Calculate pre/early-pregnancy BMI > 50 Deliver in Melbourne Offer dietitian referral, discuss goals for weight gain (see WHO Guidelines) Folic acid 5mg, ?Iodine 150mcg GTT at booking visit U and E, LFT, Vit D Weight; BP and urinalysis; abdominal palpation and SF DISCUSS AGREED EDC (usually based on 9 to 12 week scans) Arrange morphology scan for 20-21 weeks as better views obtained then; very high BMI may need tertiary morphology scan
18 weeks	GP	
20-22 weeks	Registrar/VMO	<ul style="list-style-type: none"> Ensure has had dietitian review Check completeness of morphology scan (may need further scan at 24 weeks if poor views) Request for growth scan 28 weeks Check GTT, if normal repeat GTT at 26 weeks Order FBE, ferritin, GTT and BG antibodies if appropriate for 26/52 Discussion about increased obstetric risk and increased chance LUSCS Anaesthetic Referral for obese 2 and 3 <ul style="list-style-type: none"> Detailed letter to anaesthetist including reason for referral If previous spinal/epidural-(not from NHW) obtain release form from patient
26 weeks	GP	
28 weeks	Registrar/VMO	<ul style="list-style-type: none"> Review results GTT and FBE +/- Ferritin Anti-D as required Request for Growth Scan 32-34 weeks BMI>50 consider elective LUSCS? Tertiary referral
30 - 32 weeks	GP	
34 weeks	Registrar/VMO Midwife	Review Growth scan Midwife visit for education
36 weeks	Registrar/VMO	<ul style="list-style-type: none"> GBS screen Repeat growth scan
38 weeks	Registrar/VMO	<ul style="list-style-type: none"> Offer Lactation Consultant referral Check GBS result
40weeks	Registrar/VMO	<ul style="list-style-type: none"> Check GBS result Consider Stretch and sweep
41 weeks	Registrar/VMO	<ul style="list-style-type: none"> AFI and CTG at 41 weeks Consider stretch and sweep

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